



**Mid-Island  
Tai Chi Club**

# NEW Gentle Tai Chi Class

**STARTING JAN 11, 2024  
THURSDAYS 2:00 – 3:30PM**

For beginner and continuing students  
who need more support and  
encouragement in their Tai Chi  
practice

**NORTH OYSTER  
COMMUNITY CENTRE,  
CEDAR**

For more info visit us at: [midislandtaichi.org](http://midislandtaichi.org)  
or email Steve at: [sheizer@telus.net](mailto:sheizer@telus.net)